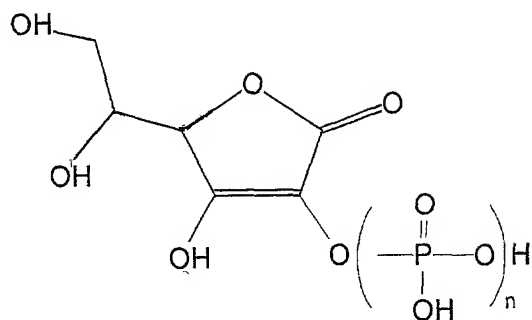


What is claimed:

1. An oral care composition comprising
  - (a) an orally acceptable carrier, and
  - (b) an ascorbyl-2-phosphate compound having the following structure, or a sodium or potassium salt thereof,



where n is between 1 and 10.

2. The composition of claim 1 wherein n is 2.
3. The composition of claim 1 wherein n is 3.
4. The composition of claim 1 wherein n is between 1 and 5.
5. The composition of claim 1 further including a source of calcium ions.
6. The composition of claim 1 mixed with saliva including a source of calcium ions.
7. The composition of claim 1 wherein the ascorbyl phosphate is ascorbyl-2-monophosphate, ascorbyl-2-diphosphate, ascorbyl-2-triphosphate, ascorbyl-2-polyphosphate, or combinations thereof.

8. The composition of claim 1 which optionally includes one or more of an anticaries agent, a tartar control agent, an antimicrobial agent, and a desensitizing agent.
9. The composition of claim 1 further including an ingredient promoting the adherence  
5 of the compound of formula I to the tooth or gums.
10. The composition of claim 9 wherein the ingredient is a polymer.